



Looking ahead: 2023 benefits

ParTNers for Health Wellness Program provided by ActiveHealth Management

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Your wellness program includes:

- Support for long-term health conditions such as asthma, diabetes, COPD and others
- A weight management program
- Personalized coaching support over the phone
- Group coaching classes online using WebEx
- Biometric Screenings
- Help with quitting tobacco, and more

You and your enrolled spouse can each earn up to \$250 in wellness incentives. That's up to \$500 total in your paycheck!

Programs and resources available



Disease management and lifestyle coaching

- One on one coaching with a nurse or health coach
- Private secure messaging with nurse or health coach via mobile app

Weight management program

- 16-week group coaching program for anyone with BMI of 30 or above
- 45-minute sessions

Online tools

- Health assessment
- Digital coaching modules
- Health Actions with health goals
- Health education library
- Secure messaging
- Device sync for tracking physical activity

Cash incentives

- All voluntary activities with a variety of options
- \$250 maximum reward per individual, \$500 maximum

Your personalized weight management program

Lose weight and feel great – for members with BMI of 30 or higher



6 months of focused support



16 weekly sessions



Sessions last 45 minutes



FITBIT Bluetooth scale and wearable device after you attend the second session



Support from a condition management coach



Diabetes

Congestive heart
failure

Chronic
obstructive
pulmonary
disease (COPD)

Coronary artery
disease

Asthma

Support from a lifestyle coach



- Metabolic syndrome
- Nutrition
- Physical activity
- Pre-diabetes
- Pre-hypertension
- Sleep
- Stress management
- Tobacco cessation

2023 Program details: Get started in three easy steps

Step 1: Activate your wellness program

- On the web: Go to www.MyActiveHealth.com/WellnessTN and click “Create an Account.”
- With the app: Search for “ActiveHealth” in your app store. Then download the ActiveHealth app on your smartphone or tablet. When you open the app, click on the “Register” button.



Step 2: Complete your health assessment

- After logging into the website or the app, complete the health assessment. It doesn't take very long to do.

Step 3: Complete activities to earn cash incentives

- Now complete your choice of activities to start earning your cash incentives. ActiveHealth will track your progress in your online account.

Active employees and enrolled spouses: Earn up to \$250 each with your wellness incentives – deposited in your paycheck.

2023 Incentive Program

Program/activity	What you earn
Online health assessment	\$0
Biometric screening	\$50
Weight management program	Up to \$200
Digital coaching	Up to \$150
Online group coaching	Up to \$150
Telephonic coaching: Disease management or lifestyle	Up to \$150
Telephonic coaching: Tobacco cessation	Up to \$150
Quarterly wellness challenges	Up to \$100
Preventive exams	\$50
Case management	\$150
Take Charge at Work (TCAW)	\$150

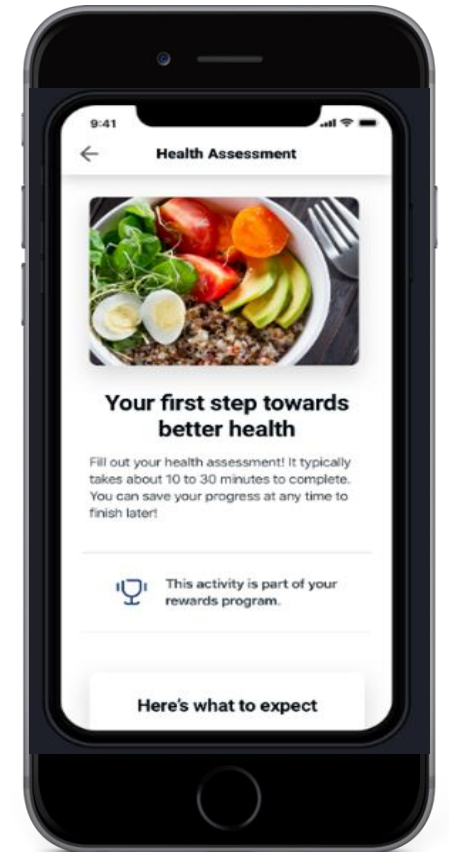
Notes:

- This is only a summary of the kinds of incentives you can earn.
- You can find complete information in the **2023 Incentive Table**.
- Eligible members and spouses can earn up to \$250 each or \$500 max.

Always on the go? No problem!

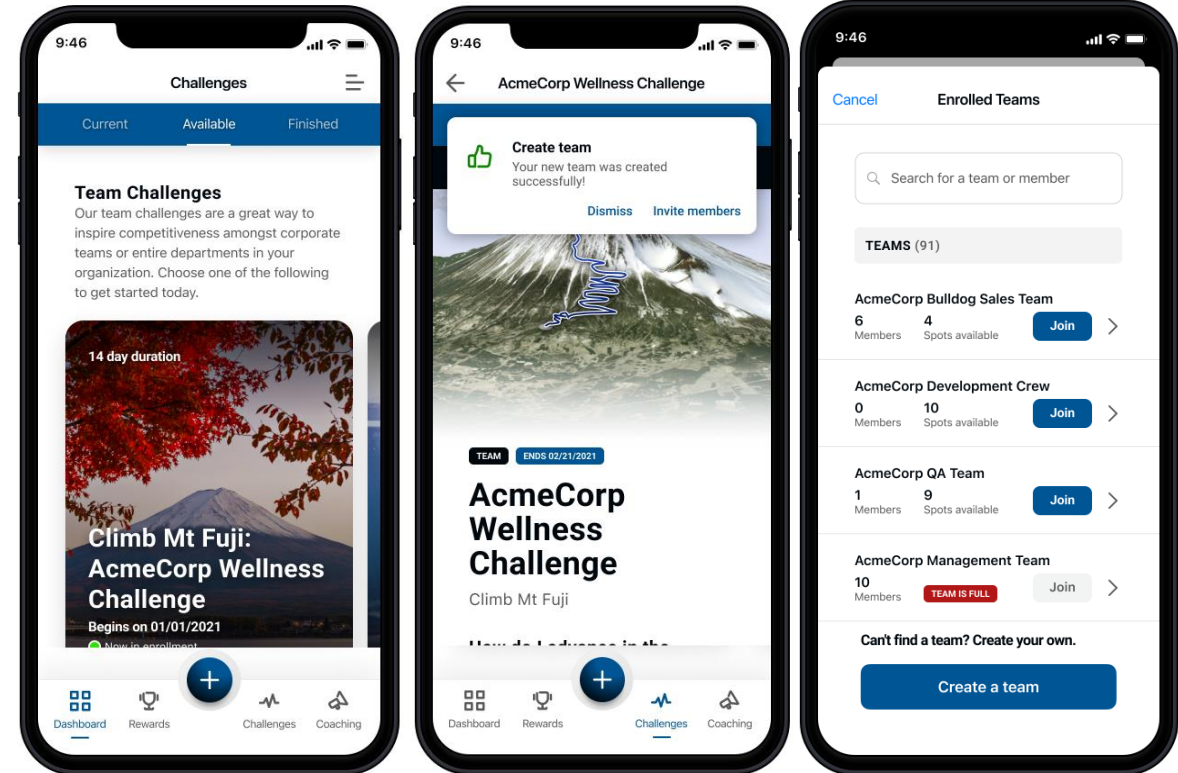
- Go to the Apple App Store or Google Play.
- Search for ActiveHealth.
- Download and install the app to your mobile device.
- Sign in using your existing account from MyActiveHealth.com. If you don't have one, register for a new account.

Use your account wherever, however you want. Your account information is the same whether you use the mobile app or computer.



Individual and Group Challenges (web and mobile)

- Let's you choose individual challenges of interest to you and invite other team members to a group challenge
- Keeps you motivated with rich graphics and creative themes that offer multiple ways for you to engage by tracking steps, activity minutes and more
- Unlock recipes, articles, and fun trivia
- Encourage social connectedness, you can cheer on team members by posting comments and inviting others into the challenge
- Real time integration of data from your fitness device or app





And more!

Next year, we will continue offering Lunch and Learns & Biometric Screenings at your site.

- 2 Options for Attendance:
 - Live sessions
 - Over WebEx
- 30-60-minutes in length based on your availability
- Topics Available:
 - Condition management
 - Healthy eating
 - Tobacco cessation
 - Exercise
 - Stress management
 - Preventive health, and more

Be on the lookout for announcements in 2023 to setup onsite biometric screening events with Quest

Thank you